In Memory of the

REV. PROFESSOR MAYOR,

Of Cambridge University,

MR. JOSEPH WALLACE,

AND

MR. ALBERT BROADBENT,

Late Secretary of the Manchester Vegetarian Society.

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The Manifesto of Vegetarianism.

By C. P. NEWCOMBE.

BY Vegetarianism is meant abstinence from the flesh of animals as food. This practice is followed in England, Germany and elsewhere in Europe, as well as in America, for various reasons. By some because they have found it beneficial to their health; by some because they believe they have no right to take the lives of other animals, except when it is absolutely necessary for their own safety; by some on account of the cruelties incident to the transport of cattle by sea and land, the horrors of the slaughter-house, and the diseases transmitted to those who eat flesh; and by some from the motive especially important in the case of the poor, from economy.

Beginning with the literature of Vegetarianism, we are carried back 600 years B.C. to the formation by Pythagoras, at Krotona, of a select society of about 300 young men carefully chosen and belonging to the most influential families of the city. Among the precepts of this great teacher was the one that they were "not to kill or injure any innocent animal for sacrifice or food." His followers in successive ages are spoken of as men of great uprightness and self-restraint, and capable of enduring friendship. About the same time there arose in India the great teacher Saddartha, known as Buddha. His followers outnumber those of the professors of all other religions, and live mainly on rice and cereals. The story of his beautiful life may be read in Sir Edwin Arnold's "Light of Asia." In the course of his beneficent mission he comes upon a number of Brahmin priests with the king of the country, on the point of offering one of their vicarious sacrifices.

"But Buddha softly said,
Let him not strike, great king; and therewith loosed
The victim's bonds, none staying, so great
His presence was. Then craving leave he spake
Of life which all can take, but none can give;
Life which all creatures love and strive to keep,
Wonderful, dear, and pleasant to all
Where pity is; for pity makes the world
Soft to the weak, and noble to the strong."

Our limits forbid us to quote the elegant writings of Ovid, the Latin interpreter of the Pythagorean philosophy, his eloquent pleadings for mercy to the helpless and innocent, his charming story of the visit of the gods to Baucis and Philemon; or the pictures by Virgil in his Eclogues, of the Golden Age, "before the impious human race slaughtered their labouring oxen." Also most unwillingly we must pass over the wisdom of Seneca, a teacher whose words fill us with reverence and wonder; and the outspoken Plutarch, the prince of biographers, and his essay on Flesh-eating, of which the stern rebukes and lofty sentiments suited the decadent age in which he lived, and would not be out of place in our own. Among those in later times who have written eloquent appeals on behalf of this great neglected truth are: Sir Thomas More, Montaigne, Pope, Descartes, Rousseau, Chesterfield, Paley, St. Pierre, Shelley, Lamartine, Michelet, Thoreau, Wagner, Dr. Anna Kingsford, F. W. Newman, Isaac Pitman, and a host of living scientists and others whose names will rank among the most honoured of this age for their noble advocacy of the rights of animals, and their fearless denunciations of butchery, cruel sports and experiments. If the appeals of the poets and orators of the past fall unappreciated by those who listen only to statements of fact and the assertions of men of the highest authority, we present:—

I.—The Opinions of the Professors of Comparative Anatomy.

Nothing is more striking than the absolute unanimity of those learned men on this subject. They trace with unerring accuracy, the adaptation of the structure of all animals to the life which best suits their daily needs. They say, with confidence, from observation of their teeth, their form, their internal structure: "This animal lived on grass, that on flesh, this on fruits and nuts, in the plains, on the trees, in fresh water or in salt, in cold or in hot climates"; and when

they all state that the constitution of man is not suited for the consumption of flesh or grass but beyond dispute, fruits, roots, vegetables, and nuts, how unwise it is to neglect the great lesson which they teach. The following are the testimonies of a few men of the highest rank in the world of science. Baron Cuvier, whose great work, "Le Régne Animal," placed him in the first rank of naturalists, wrote :—

"The natural food of man, judging from his structure, appears to consist principally of the fruits, roots, and other succulent parts of vegetables. His hands afford every facility for gathering them ; his short but moderately strong jaws on the one hand, and his canines being equal only in length to the other teeth, together with his tuberculated molars on the other, would scarcely permit him either to masticate herbage, or to devour flesh, were these condiments not previously prepared by cooking." Professor Owen writes :—

"The close resemblance between the quadrumanous and the human dentition shows that man was from the beginning adapted to eat the fruit of the trees of the garden."

Dr. Thomas Bell, in his Anatomy, Physiology, and Diseases of the Teeth, says :—

"It is, I think, not going too far to say that every fact connected with the human organisation goes to prove that man was originally formed a frugivorous animal. This opinion is principally derived from the formation of his teeth and his digestive organs, as well as from the character of his skin and the general structure of his brain."

Professor Lawrence, in his lectures on physiology, states :—

"The teeth of man have not the slightest resemblance to those of the carnivorous animals, excepting that their enamel is confined to the external surface. He possesses, indeed, teeth called canine, but they do not exceed the level of the others, and are obviously unsuited to the purposes which the corresponding teeth execute in carnivorous animals."

Dr. Spencer Thompson writes :—

"No physiologist would dispute with those who maintain that man ought to live on a Vegetarian diet."

A remarkable confirmation of the different structure of animals having varying kinds of food is obtained from an observation of the intestinal canal. In the flesh-eating animals, the length of the intestines is from three to six times the length of the body ; in the apes and in man, from seven to ten times ; in the grass-eaters, from twelve to twenty-seven times. The reason of this is plain. The flesh-eater

must be very active to catch its prey, with claws and sharp teeth that it may hold and tear its victim and drink its blood. The food must be quickly digested, and the solvents in its simple and short alimentary canal very powerful. By contrast, the animal which lives on grass needs a more elaborate system, having a length of intestine, as in the sheep, twenty-seven times the length of its body. That needs a powerful heart, strong and large lungs and liver, and often a long neck, or a substitute for it (as in the case of the elephant), and strong limbs. Yet many of them can, if needs be, run at a great speed, and others are the most powerful of the animal world. But the fruit-eaters have a system not resembling, but differing widely from both of these. Man is made an intelligent being of the first rank—he has not to catch his prey like a wolf; he has no claws with which to hold, nor fangs with which to tear. He plucks the ripe fruit from the tree, scatters the seed corn, or gathers the harvest. Now it is evident that these adaptations of the length of the intestines cannot be interchangeable. The flesh, if detained too long in the system, becomes corrupt and a source of disease. That which would be suitable in a short canal, and which is not in accord with the solvents intended for fruits and vegetables, becomes an irritant, especially when, as it is in most cases, accompanied by diseased or effete matter. This is notably true of corrupt fish, the scavengers of the sea. The delicate membranes which line and envelop the whole course of the intestinal canal resist the intruder, and then comes fever, dried-up tissues, constipation, and the torture of peritonitis, and untold suffering. The same is true of every organ of the body—the excited heart, the enlarged and weakened liver, the wasting lung. The lessons of the Divine ordinance to be learned from observations of physical structure cannot be ignored with impunity, scoffed at, or set aside.

We may now consider—

II.—The Practices of different Nations in this matter.

Our brave ancestors, the ancient Britons, were encouraged to resist the Romans by their Queen Boadicea in a speech, in which she said :—

"The great advantage we have over them is that they cannot, like us, bear hunger, thirst, heat, or cold. They must have fine bread, wine, and warm houses. To us every

herb and root is food, every juice is our oil, and every stream of water our wine."

Who does not know what the food of the Irish peasants has been for centuries? Before the introduction of the potato they lived on herbs, watercress, and roots. After that the potato was almost their only food. Young, in his "Tour in Ireland," wrote :—

"When I see the people of a country with well-informed, vigorous bodies, and their cottage swarming with children, their men athletic and their women beautiful, I know not how to believe them subsisting on unwholesome food."

Daniel O'Connell was not far wrong in claiming that they were "the finest peasantry in the world." The intellectual and physical distinction of the Scottish people is due to their freedom from the oppressions suffered by the English, their hardy hill life, and the culture of the oats which grow so readily in their colder climate. Even in Glasgow, says McCulloch, so late as 1763, the slaughter of bullocks for the supply of the public market was a thing wholly unknown. Unhappily for the English people, the weight of Feudal burdens, and the bondage, little short of slavery, continued until the Black Death fell upon the impoverished labourer. Then, under Wat Tyler and other leaders, they strove for liberty to lead their own lives. The land was covered with forests, but the fish were abundant on the coasts. Vegetables were very scarce, and leprosy was so common that there were ninety-five leper hospitals of the first-class in England, and the dark times of the Wars of the Roses, gave little peace to an ill-fed, oppressed, and unhappy people. Then followed the free introduction of fresh vegetables, for which we have to thank Catherine, Queen of Henry VIII., the extension of commerce, the discovery of America, and a better way to India, the general intellectual awakening, the result of the invention of printing, and the revelation to the English mind of the scope and possibilities of their language by the distribution of the translation of the Bible among the people. Then, "rousing herself like a strong man after sleep" were brought out the great qualities latent in the English race. But those who know the condition of the English labourer down to the middle of the last reign will admit that the flesh of the animals they tended formed no part of their food. Still, coarse bread, roots, and vegetables, gained with hard toil, enabled them to form the tall and strong bodies which supplied Marlborough and Wellington with the material

by which they won their great victories. But their descendants are no longer found in the fields and villages as in the old time. Where Cromwell obtained his Ironsides, and Rupert his dashing Cavalry, are now to be seen only cattle. Where William III. and the Georges obtained their Scotch Guards are now desolate wastes, inhabited by the red deer, for the sky was darkened by the smoke, caused by the burning of the homesteads which Walter Scott loved to describe. The smoky city, the whirr of the factory, the murky dens and slums of London and Glasgow, are a bad substitute for the well-built houses, with orchards and gardens, which in the better future will be seen in England ; and the Vegetarian movement is the pioneer which will bring about this beneficent change. How splendid is the record in all ages of men and animals that have lived only on the fruits of the earth. To begin with the description by Dr. Anna Kingsford :—

" All the labour of the world is performed by the herbivora. Horses, oxen, mules, elephants, camels—by these our fields are ploughed, our cities built, our battles fought, our journeys accomplished, and to these man is largely indebted for the existence of civilisation, commerce, and national wealth. The buffalo, the bison, the hippopotamus, the bull, the zebra, and the stag are types of physical power and vast bulk, or of splendid development of limb, built up not immediately from the flesh and blood of fellow-organisms, but from the original source of strength itself, the wild plants, and fruits, and herbs of the field.

The staple food in the Eastern countries is rice. In India, Burma, Siam, Japan, China, and Ceylon, in many cases, it is their only article of food. Of these, the Brahmins, who mostly all are required strictly to abstain from animal food, have an abhorrence of dead matter. To them, the hair, the skin, the hoofs, the feathers, the fat, and its product, soap, are offensive and polluted, and need to be burned, and yet they furnish men of as fine a physique as any in the world. The finest race in India are undoubtedly the Sikhs. They are the most reliable soldiers in the native army in the British service. Often, though not always, when they enter the army or a rich man's service, or remove into the towns, they change their mode of life, but the question at issue is—how were these splendid bodies fed, reared and endowed with such exceptional strength ?

Mr. A. C. Newcombe, Engineer in the P.W.D., India, gives the testimony he received from the head men in various villages. We have space for only one of these.

"At Jangheeza, a village of 300 people, half of whom were Sikhs, the Sikh lumbarder, Desondi, a strongly-built man, said that about 90 per cent. of the 150 Sikhs never eat meat; that 10 per cent. do, and get it once in two or three months. Of the Vegetarian Sikhs, the food usually eaten was stated to be as follows:—Corn, pulse, radish, oil, pepper, sugar cane, millet, Indian corn (maize), vetch, carrots, sugar juice as squeezed from the cane, clarified butter, and milk. I asked if they considered there was any necessity for meat to be eaten to make them strong, they replied 'Certainly not'; and, referring to the list just given, the lumbarder remarked. 'Itua bahut.' (That much is plenty.) I replied it evidently was, as he himself did not look a weak man, an observation which elicited a hearty laugh from him and the Sikhs standing by, the lumbarder being exceptionally strong."

These are the men of whom Lord Roberts said that, 'brigaded with English troops, he would be proud to lead them against any European army."

The robust and healthy fellaheen of the Egypt of to-day live on coarse bread, with cucumbers, melons, onions, leeks, beans, and lentils. On this, too, live the strong, muscular boatmen of the Nile, singing as they carry on their severe labours. Before the railways were made in India letters and despatches were sent from Calcutta to Bombay in 52 days, at 62 miles a day, by pedestrian messengers, subsisting on a little boiled rice. All through South America, though meat is plentiful, may be seen men, tall, well-proportioned, and athletic, carrying burdens of one or two hundred pounds over great heights or long distances, living on rice, fruits, and coarse flour, figs, beans, and roasted wheat. In Japan the good results of their cleanliness and pure food are modified by their fondness for fish. Yet Dr. Kellogg says:—

"Perhaps no stronger argument could be advanced in favour of a Vegetarian diet than the enormous bulk, strength and endurance of the Japanese wrestlers. Imagine a set of men, the tallest not more than five-and-a-half feet high, with weight ranging from 200 to 300 pounds, chest girth varying from 44 to 58 inches, and lung capacity reaching as high as 6,000 centimeters. Yet the staple food of these men is rice, with a little fish; but withal they can hold their own against the picked men of any of the flesh-eating peoples, both for strength and endurance."

The Greek boatmen live on black bread, with grapes, raisins, or figs. "They are astonishingly athletic and power-

ful, the most nimble, active, graceful cheerful and even merry people in the world."

A correspondent of the *Standard*, in 1877, wrote .—

"From the day of his irruption into Europe, the Turk has always proved himself to be endowed with singularly strong vitality and energy. As a member of a warlike race, he is without equal in Europe in health and hardiness. He can live and fight when soldiers of any other nationality would starve. His excellent physique, his simple habits, his abstinence from intoxicating liquors, and his normal Vegetarian diet enable him to bear the greatest hardships, and to exist on the scantiest and simplest food." It would be easy to fill many pages with similar instances.

III.—A Consideration of the Chemical Elements of Food.

These are divided into two groups—organic and inorganic. Of these the first two are divided into substances which contain nitrogen, and those which do not contain it. These last are again divided into two, viz., hydro-carbons, which are fatty bodies, and carbo-hydrates, which include gum, starch and sugar. The carbo-hydrates are found almost wholly in vegetable produce. The hydro-carbons are found abundantly in both the animal and vegetable kingdom. Leibig, the philosopher, whose opinion on these matters was for a long time undisputed taught that the nitrogenous principles contributed to the growth and nutrition of the elements of the animal economy and the production of muscular and nervous force, while he called the non-nitrogenous elements respiratory, as being the only sources of heat. The original idea was that the production of force was due to the oxidation of the nitrogenised elements of the living tissue. It is now proved that heat and force result from the oxidation of the elements, hydrogen and carbon. Of the substances known as carbo-hydrates starch is the most important. It will be easily understood that starch, from its very nature, cannot be absorbed by the fine vessels of the intestinal canal. From the first then begins the process of converting it into sugar, which, when dissolved in water, is easily absorbed. This conversion is effected by the saliva and the pancreatic juice which resembles it. It is assimilated by the liver and is, after some further changes, converted into fatty matter, the real source of heat and force. The special contention of the advocates of animal food is that

the nitrogenous compounds are flesh formers and therefore the legitimate food of man. But, firstly, the flesh of herbivorous animals is made only from vegetable food, and secondly, those nitrogenous principles exist equally in animal and vegetable food, and in these they are absolutely identical in chemical composition and undistinguishable by any known test. Vegetable albumen is obtained most abundantly from the cereals, and from nuts and leguminous plants; vegetable fibrin from the cereals, and from grape juice; vegetable casein is in all kinds of beans, peas, and other seeds, and it is present with albumen in almonds and other oily grains. These proteinous nitrogenised principles furnish elements for the development and renewal of the tissues of the animal organism. Still, though these principles are identical in the animal and vegetable kingdoms, it is claimed that flesh-foods are more easily digested. But it is replied that digestibility varies in different kinds of meat, and different kinds of vegetables; that rapid digestion is necessary to carnivorous animals, and is in accordance with their restlessness and incessant movements, and is doubtless aided by the gastric and other juices which dissolve their food. When we have to speak of the diseases which are induced by flesh food, we shall show that what is natural to the tiger becomes a source of injury to man. Other considerations must necessarily occur in forming an estimate of the weight of authority to be given to the tables of food values. Dr. Hadwen, of Gloucester, has, in the *Vegetarian*, of August 13th, 1898, in his article on the "Fads and Fallacies of Digestion," drawn an amusing picture of the way in which the quantities stated in these tables are arrived at. He adds :—"Now, in the first place, it must be remembered that this is a purely theoretical argument, based principally on the narrow and unsatisfactory conclusions of the chemical laboratory. When we come to work it out in practice, and we closely examine the physical and mental capabilities of vegetarians, and compare their dietary with that of flesh-eaters, we discover the not uncommon truth that facts and theories are not always synonymous, and that laborious laboratory experiments do not invariably coincide with the experience of everyday life. Further, it must be affirmed that undue importance has been ascribed to the presence of nitrogen in food."

In Smith's "Fruits and Farinacea" proofs are heaped up that nitrogen may be obtained from other sources, as on the authority of Liebig, from the air during the process of mastica-

tion, and from changes and conversions in the mysterious vital laboratory which cannot be imitated in the laboratory of the chemist. This last consideration must often occur to the thoughtful mind. The piece of bread or fruit which is taken as food, is in a few hours converted into *living* blood. Every gland through or near which it passes induces some modification. Concurrent with a whole series of chemical changes is some vivifying influence. By the side of these, also work the ministers of death. Chemical investigations can then give only an approximation to the truth. Smith cites an example of a caravan of 1,000 persons subsisting for two months on a stock of gum arabic alone, and that in the case of those who gather gum in Arabia and Senegal, six ounces has sufficed to sustain a man for twenty-four hours from day to day. It is well-known that negroes soon become fat and vigorous from masticating the sugar-cane. Now, gum and sugar contain little or no nitrogen. In potatoes the nitrogenous matter is only 2.5 per cent., and in rice only 7.55, yet the former of these substances furnishes the Irish with their splendid physical strength, and the latter sustains half the human race.

This error is not confined to the advocates of the flesh diet. The vegetarians have met their opponents by their counter claims for the highly nitrogenised peas, beans, and pulse. A French writer remarks, "*Tout le monde cherchait à se gaver d'albumine, mais les recherches les plus recentes montrent qu'en somme il faut tres peu d'albumine pour subvenir aux besoins d'un homme.*" From which it would appear that an undue estimate has been formed of the amount of nitrogenous food required for the maintenance of health. "A larger quantity than is requisite means loss of power, decrease of energy and premature wearing out of the tissues" (Hadwen).

Dr. A. Hunter, in his "Hydropathy," tells a story of some officers kept in prison for three years by Tippoo Sahib, and fed simply on rice and water. They grumbled all the while but maintained good health, and when they returned to Calcutta they were astonished to find that most of their brother officers who had been living on the fat of the land were dead and they were promoted several steps to fill the vacancies caused by what was thought to be good living.

IV.—The Diseases Common to Animals Killed for Food and those Caused and Increased by Flesh-eating.

It is a matter for serious consideration that in coun-

tries where flesh is eaten there is a class of diseases hardly known elsewhere; very terrible, most insidious, and of wide extent. They are in truth, "the pestilence that walketh in darkness they invade the palace of the rich, not less than the cottage of the poor, striking down suddenly the strong as well as the weak, causing afflictions for which the doctor cannot account; blindness, paralysis, tumours, wasting sickness, insanity. The largest spaces in the land are given up to animals, that we may have flesh to eat. We harbour them in fetid sheds where consumption is rife. The air is filled with the diseased matters given off from their bodies. One of these maladies is Trichonosis, most prevalent in swine, giving rise to worms which penetrate the intestines, causing diarrhœa, and symptoms resembling those of typhoid fever, and also pains similar to chronic muscular rheumatism. Lovers of pork pay a high price for their indulgence in such loathsome food. Others are the foot and mouth disease, anthrax and lumpy jaw. All these are communicable to persons often in contact with animals or their hides. They are very difficult to heal, and in continental countries widespread. But the most terrible in its effects is the disease known as tuberculosis. Everyone who would limit the ravages of this scourge in his own family among poor and rich, should read the stories taken from Government Reports of the wholesale sacrifice of infant life from the dirty condition of the cows and their shed, the result being diarrhœa and consumption among the children to a large extent, also the adults.

Dr. Kellogg, in the number of *Good Health* for December, 1900, states :—

"The rapid spread of tuberculosis among cattle is a recently recognised fact. Within late years it has been not uncommon to hear of entire herds of extremely valuable cattle destroyed by this disease," and "The frequency of disease in lower animals at the present time is such that it is no exaggeration to say, that no person can safely make use of flesh as an article of food without first requiring a medical and microscopical examination of the animal while still alive, from which the flesh is to be taken, and which must then be eaten at once before decomposition has begun, in order that it may be free from ptomains."

The researches of Dr. Haig, Physician to the Metropolitan Hospital, as described in his work "Uric Acid as a factor in the Causation of Disease," have placed the following facts

beyond question. If has been long known that the amount of uric acid varied according to the nature of the food. In Chambers' Cyclopædia it is stated "On a purely animal diet Lehmann found that he secreted two-fifths more urea than when he was living on an ordinary mixed diet, while on a non-nitrogenous diet the amount of urea was less than half the quantity secreted during a mixed diet." And again, "Uric acid must be regarded, like urea, as a product of the disintegration of the tissues." This waste is being carried on at all times, and it is one of the offices of the kidneys to eliminate the urea and uric acid which result from the chemical decomposition of this waste product. All goes well as long as this uric or lactic acid is not in excess, that is, as long as it is derived only from the waste of our own tissues. But when, in addition, we require the excretory organ to dispose of the waste of the flesh of other animals, especially when this has been largely indulged in, or an unclean skin gives no assistance, then are induced the conditions which caused Mr. Haig to write :—

"My second discovery was that uric acid when present in excess in the blood affects its quality in an important manner, producing the changes met with in anæmia and other diseases."

These are gout, rheumatism, epilepsy, asthma, melancholia, Bright's disease, and heart disease. Here is a powerful indictment of flesh-eating. You may contend against the evils which it causes for a few years by the natural vigour of youth, by the athletic exercises, which enable you to throw them off, but the time comes, to many very soon, to the poor, the delicate, to those in trouble and adversity, when these evils gain the mastery. This canker, which you have carelessly or ignorantly introduced into the midst of your delicate organism upon the harmony of which your happiness depends, racks your limbs with gout and rheumatism, grips your heart and lungs with pain and struggles for breath, settles like a dark cloud over the mind ; or you are a perpetual sufferer from Bright's disease. Well does Dr. Haig sum up his conclusions thus :—

"Looking at all these facts, it is most difficult to avoid the conclusion that all sufferers from the diseases treated of in this volume, owe their sorrow, suffering, and early death to nothing in the world but their own folly. Certainly they have no right to blame nature, either as to the origin of their troubles or their inheritance ; in human nature, just as elsewhere in the Cosmos, the punishment follows the broken law, and compara-

tive anatomy should long ago have warned them of their error in diet. That it is easily possible to sustain life on the products of the vegetable kingdom needs no demonstration from physiologists, even if a majority of the human race were not constantly engaged in demonstrating it, and my researches show that it is infinitely preferable in every way, and produces superior powers both of mind and body."

Probably the disorder that is most common is dyspepsia, or indigestion. The two nations most subject to it are the English and the American, and these are the greatest consumers of animal food. Rapid digestion and fast living are not conducive to the health of man. The very simple stomach and short intestines of the tiger are in accord with his incessant movements. The elaborate stomach and long intestinal canal of the herbivora require also the large organs employed in the digestion of their food, and their powerful limbs. When man becomes carnivorous, the stimulating flesh at first induces a fever of work and a life foreign to his nature. Stimulation, excitement, overwork—are not these the bane of our civilisation? Only those who keep the calm and even tenour of their way produce the best results of the work of the brain, and have the perfect health which follows the uniform and concurrent action of each organ. Indigestion is caused in most people more by brain excitement than even by unsuitable food. There is now more study, anxiety, exhausting pleasure, haste to become rich, exciting and often distressing news, than in any previous age. These will produce dyspepsia and nervousness in the most temperate. But why make the matter worse by the ingestion of flesh—exciting, often irritant, and tempting to excess? The digestion of meat is carried on only in the stomach. In the case of other foods, the work is shared by the intestines. Give, therefore, this weary, over-worked organ the rest it needs. The simple fruits of the earth, well sustained by a healthy skin and exercise in the pure air, will give it tone. The brain will, by sympathy, be refreshed. How, quickly then, will the troubles of life become less, their true dimensions understood, and the way out of them made clear!

V.—Meat-eating a Cause of Cancer.

This is the title of an article by Dr. Kellogg in his valuable magazine *Good Health*. The revelations in it should make a gourmand hesitate before incurring the dangers it describes. Dr. W. Roger Williams, in the "Twentieth Century Practice

of Medicine," states that, of 194 cancer patients, 99 had been moderate, 78 small, and 16 large eaters of meat, but there was not a single strict vegetarian among them. Statistics show that the consumption of meat has been for many years increasing, and it has now reached the total of 131 pounds per head per year ; more than double what it was half a century ago. The result of this is that the number of deaths from cancer has, in thirty-one years, doubled in Wales ; increased, in twenty years, 50 per cent. in Scotland and Ireland. In the State of New York the deaths from cancer have doubled in ten years. Dr. Park, of Buffalo, asserts that if the death rate from cancer increases in the next ten years as rapidly as in the last ten years, there will be more deaths from that disease in New York State than from consumption, small-pox, and typhoid combined. Two physicians, MM. Verneuil, of Paris, and Roux, of Lausanne, declare that the free use of pork is an important factor in the causation of this disease. In New Zealand and New South Wales the men take meat for breakfast, lunch, dinner, tea, and supper, and in these countries cancer is very prevalent. There hogs are fed on the offal from the carcases of the sheep, and oxen are sent frozen to Europe. In Mahometan countries, where swine's flesh is forbidden, cancer is scarcely known, except among foreigners. Cancer. though infectious, is not an epidemic which comes and goes like influenza, but is steadily marching upon us, increasing year by year, and will strike fear into the heart of the now callous meat-eater. John Bright said of the Irish famine, "For years we have fought against famine, and now famine itself is come to our aid." So perhaps the presence of this foul disease may make people think about the wisdom of eating the flesh of animals, whose office, like that of the pariah dog and the carrion crow, is to guard us against disease by eating that which should have been buried or burned.

VI.—Diseases from Fish Eating and Meat Extracts.

Visitors to the seaside may have noticed, on watching the sea from the cliff, a place some distance away where flocks of birds were always to be seen hovering over the water and very busy. The place is the outlet for the drainage of the town, and the birds are catching the fish that are performing their work of scavengers. It is so everywhere. As the pig on land, so the shark and the salmon at sea, their function is to remove the garbage rejected from the land, and to consume the bodies

of their kind whether living or dead. They suffer from many diseases, and are the sources of poisons " which kill with greater certainty than that of any known drug " (Kellogg). The objections to the use of such foods are many. They are, first the refined cruelties with which fish are treated. Boiling and skinning and carving while alive are horrors not even recognised by the butcher ; second, the terrible loss of human life that results every year from our deep sea fisheries. In a Parliamentary paper prepared in 1884 by Thomas Gray, C.B., of the Board of Trade, the writer shows the loss of fishing vessels for the seven years ending 1883, collisions excluded, to be from 605 vessels, 1,565 lives. To these must be added the large number sent home invalided by accidents and illnesses. Of no other trade can it be said that the shores of England are lined with the homes of hundreds of widows and orphans, made so by this dangerous occupation. Any other trade against which such a charge could be laid would be subject to eloquent denunciation, legal interference and prohibition. Third, it is the source of the incurable disease known as leprosy, the most loathsome of all and therefore aggravates diseases of a kindred character, viz., skin diseases. There are in Japan 150,000 lepers ; in India, 100,000 ; in Columbia, 18,000 ; in Spain, 12,000 ; in Norway, 1,200. They are numerous in Iceland, on the coast of the Black and Caspian seas, and the Eastern seas, and the Eastern Pacific, especially in the Hawaian islands. Dr. Newman, in a prize essay on leprosy, describing the condition of England, says : " The cultivation of vegetables was not understood or carried on until the 16th century. During whole months of the year little beyond fish and salted meat was eaten, much of which had suffered in keeping." He adds, " It is strange if not significant that the decline of leprosy and the decline of the excessive eating of salt as well as fresh fish should occur at the same period." Gilbert White in one of his letters accounts for the decrease of the disease by " the plenty of better bread and the profusion of fruits, roots, legumes and greens becoming common in every family." So evident was this, that when in 1539, salads, carrots and turnips became common, fish was discredited so much, that Henry VIII. issued an edict, compelling its use. Fish is the more dangerous because if it becomes corrupt in an exhausted or loaded stomach, there is no more offensive or poisonous food. We may add in this connection that the practice so common for many years of giving meat extracts, such as beef tea, to patients just recover-

ing, after serious illness is most dangerous. All flesh consists partly of material that is worn out by muscular exercise, in fact, on its way to the organs of excretion, and which has become poisonous. This is loosely bound up with the stronger and healthy flesh, and is, therefore, the first to come away in the boiling. This will account for the frequent relapses after fevers. Happily, the doctors are beginning to discourage it, but it will long continue among the ignorant. It would take too much of our space to detail the horrors exposed by Dr. Shirley F. Murphy, the L.C.C. Medical Officer, in a report in which he states that London receives daily, from the country, large quantities of meat which is " too far gone " to be sold locally, and " there is no doubt that there is a definite trade carried on in meat of a quality which would never knowingly be allowed to be used in any civilised community." Then he tells gruesome tales of cat's meat sold to a manufacturer of high-class meat pies, a large sausage maker at Hackney. In one year 1,172 tons of putrid meat were destroyed at Smithfield, and elsewhere in London between 30,000 and 40,000 tins of bad foreign meat. More serious is the danger which lurks in the gaily-labelled tins of salmon, lobster, sardines, condensed milk, soups, rabbit, compressed beef, sold to the poor and the lower middle classes ; 2,000 such " blown tins " were seized by the inspector in Islington ; and this had been going on for years ! Such horrors are of daily occurrence, inspectors are easily evaded, the fines are trifling compared to the gains. For every merchant who is discovered and inadequately punished, a hundred are never detected at all.

VII.—Flesh-eating is cruel and degrading to all concerned.

Many readers will want to escape this sad story, as we should be glad to do also. The picture begins with the contemplation of the landscape studded over with cattle, sheep, etc. It suggests poetry to the sentimental, but they must be reminded that these animals are occupying the spaces in which could be grown food for from 10 to 20 times the number of people supplied by their present occupants, that the landscape would be infinitely more suggestive of poetic ideas if it were dotted over with homesteads well-built, with farms well filled with fruit and corn, in groups, of which the

centre is a place for pleasant gatherings, of instruction for young and old, where stagnation could not continue, and which would make country life a source of ideal pleasure. If you degrade people by making them the servants of cattle, you can only expect that the country will continue to be shunned by the poor labourer, and his sons and daughters. The sportsman, with his barbarism, completes the picture. His bad example helps to degrade those whom he influences. Then begins the journey of death. From the meadows, where they have had little exercise, they have to travel many weary miles to the market. Very little consideration or thought is given to animals so soon to die. Without food, water, or rest, they are driven through scenes, to them bewildering and distressing. Hunted by dogs, prodded by men and boys, they look round for those who have been kind to them, but in vain. If then they have to be shipped from Ireland, or from parts of North and South America, they become the centres of one of the blackest pictures of cruelty and suffering that can be imagined.

We have no respect for the reader who can quietly and without emotion read the story of the cattle ships, and the tortures inflicted by twisting the tails of the animals till the joints break, the fierce blows with sticks, the broken horns and limbs, and other things too terrible to name, but vouched for by high authority. We invite the exercise of his imagination on the following report of the Departmental Committee of the Board of Agriculture, 1894 :—

"The worst class of bruises are described as those which occur through animals falling or lying down on shipboard and getting trampled on. To these causes are ascribed not only extensive bruises of the muscles, but broken ribs and hips, and laceration of the subcutaneous tissues, that when the beast having been flayed along the legs and under portions, is slung up for the purpose of completing the operation, the skin on being loosened round the tail is described as dropping to the ground through its own weight."

The skin has been beaten loose from the flesh.

That most gentle and highly respected president of the Endeavour movement, Rev. F. B. Meyer, writes :—

"And can we be perfectly happy if we are directly or indirectly the cause of ruin and disaster to any living thing of God's creation ? "

It appears that we can, for the worst story that can be told of these outrages will be heard and read with calmness, since the result of them is to provide the flesh which is to form

part of our daily meal. There is no story so terrible, so heart-rending, as that of the deeds done in the slaughter-house."

However necessary in some cases, the service of animals by man has a tendency to degrade the man; and the numerous honourable exceptions do not conceal the fact that the work of the grazier, the cattle drover and the butcher is considered to be one that blunts the feelings and degrades the taste, and so excludes those persons from good society of whatever rank. We even hope for the time when horses will be free from the tyranny of stablemen, carters, and brutal owners. But it is when we read of such deeds as come occasionally to light, upon the treatment of helpless animals, that we see to what depths of infamy men will descend in their greed of gain. In the "Revelations of the South American Cattle Trade," in *Chambers's Journal*, February 1st, 1898, the writer describes the "shameful barbarities" and "horrible cruelties" of the live cattle trade, and which he terms a "disgrace to our boasted civilisation." But the story is more or less true wherever animals are bought and sold. There cruelty is rampant, and it will ever be so. They are driven mad by hunger and thirst, worn out with long journeys, beaten by savage men, worried by dogs, and boys being educated in cruelty. Their fevered and often diseased bodies are hurried along without pity or mercy. Their cries and moans extract no word, raise no doubt in the minds of those who are thought to be kind, for their tables must be supplied with flesh.

Then last of all come the shambles, in which are concentrated all the horrors possible for a human being to practise on a helpless animal. Even the butcher, who cannot escape from his trade, deserves our pity. This is what Dr. Richardson says of him :—

"The business of slaughtering is most depressing to mind and body. I have seen the strongest built men, in the prime of life, most painfully affected by it, and I have never met with one who could be said to be perfectly inured to it. They all get rapidly weary of their work, and the work, independently of the slaughtering process, is fatiguing to an extreme degree. Every step in dressing an animal is carried out with great rapidity, so that the operator is made very hot from the work, while at the same time he is using water freely, and is in constant contact with the dead animal. . . . I am not far wrong in saying that no butcher can be found in our large towns, who after eight or ten years' daily work at

the slaughter-house, is free from the effects of bronchitis, rheumatism, or heart disease—the last being the most prevailing malady of the class. The mortality of the butcher is, as a necessity, far above the average ; 111 butchers die to a mean of 100 of those who follow 69 other occupations."

The butcher is "painfully affected"—but his customers laugh, and the tragedy goes on.

It is needless to dwell upon the work of the cook. No lady hesitates to undertake the duty where the fruits of the earth are concerned, but to chop and shape, draw and dress the dead animal, with its bones, and hacked limbs, its fat and hideous remains when sent from the table, that is a task only for those by whom those servile duties are accepted without thought, or knowledge of their degrading nature.

Nor do they escape for whom it is done. That they should require another to do what it is too horrible for them to look upon, much less attempt, is practically self-condemnation, and that is why they shirk discussion or laugh together at those who abstain from flesh, and evade their duty to attempt the remedy of serious evils.

Mr. E. Bell writes : "Dreadful are the revelations made by humane men, who, setting aside personal comfort and peace of mind, have endeavoured to sound the depths of animal agony and bloodshed. The process of flaying alive, and even of dismembering animals before the breath has left their bodies was discovered by Col. Coulson to be far from uncommon in private slaughter-houses, though the public is not aware of what passes."

The special commissioner of *The Vegetarian* states :— "In one of the slaughter-houses which I visited, calves were being killed, the process consisting in hauling the wretched animals up by a chain attached to their hind legs, and then cutting their throats, while they hung struggling head downwards."

Such stories, including the terrible passage by sea from America, and even Australia, the absolute deadness of the heart of the butcher to all sense of mercy, prepare us to understand the callous indifference to suffering on the part of the otherwise refined, gentle, and sensitive men and women who are indignant at the cruelties they see, but maintain a conspiracy of silence where it concerns the slaughter to provide their daily meal.

VIII.—Vegetarian food is pure, nourishing and agreeable.

It is surprising what ignorance on this subject prevails.

The following may be taken as an account of a dinner without flesh food. An authority in vegetarian cookery writes :— "Nearly all sorts of grain, roots, and vegetables, with milk, butter, and eggs, may be converted into soups, and seasoned with whatever herbs and spices are accounted agreeable." It is a pity that philanthropists do not know how much perfect nutriment can be given in soups containing lentils, peas and haricots, which together with a slice of wholemeal bread, the whole costing a penny, would supply solid nourishment to the poor.

The next course would consist of the vegetables proper. A common notion is that these are the staple of our Vegetarian food. But who are the great vegetable eaters ? Those who combine boiled beef and carrots, pork and greens, mutton and turnips, and potatoes with everything. And that is because the crudities of the flesh food need as a corrective the purity of the vegetable. We take them in moderate quantities, and prefer the less common cauliflower, broad and French beans, tomatoes, celery, and cucumber. We advise the flesh-eater to pay all respect to the humble cabbage, turnip, carrot, potato, and onion. These alone have the power to control the demons of lactic and uric acid which the meat generates in his system, racking his bones, torturing his muscles with rheumatism, and gout, exasperating his liver, and inducing the tuberculosis and anæmic condition which makes him an object of pity, and an easy prey to any epidemic. Nor must we forget the salads, composed of lettuce, onion, radish, cress, beet, and endive, which in spring and summer should be welcomed at every meal.

Then come the fruits and farinacea, with nuts in varied forms. By "farinacea" is meant every kind of corn, with maize and rice ; also pulse which includes pease, beans, lentils, and dall grown in India ; also sago, tapioca, and semolina. These contain all the elements which give perfect health and strength. They are served with fruits in numberless ways. And when the bread is made from the wholemeal finely ground the result is a faultless food. Still the addition of fruits gives to the farinacea a zest which is a healthful stimulant. They contain valuable properties which those only who have not perverted their taste can fully enjoy. They refresh the weary, allay thirst, tempt by their beauty, and cause no regrets. Ours are the orange, lemon, cherry, plum, peach, and nectarine, the strawberry, raspberry and currant, the melon, banana, and the pine-apple, and last, but not least, the ever-welcome

grape. This is "what Vegetarians live upon."

We are often met with the plea that Vegetarian cookery is difficult to introduce, whether for a family or one or two persons. In this matter a little intelligence, a little resolution, and some patience with the unwillingness of cooks to try new plans, will soon make the difficulties vanish.

BERLIN, Tuesday Night.

A very interesting walking match took place here last Sunday over a distance of about seventy English miles. There were twenty-two starters, amongst them eight Vegetarians, and the distance had to be covered within eighteen hours. The interesting result was that the first six to arrive at the goal were Vegetarians, the first finishing in fourteen and a quarter hours, the second in fourteen hours and a half, the third in fifteen hours and a half, the fourth in sixteen hours, the fifth in sixteen hours and a half, and the sixth in seventeen hours and a half. The two last missed their way, and walked five miles more. All reached the goal in splendid condition. *Not till an hour after the last Vegetarian arrived did the first meat-eater appear, completely exhausted.* He, moreover, was the only one, the others having dropped off after thirty-five miles.

The victor presented himself, at the request of several high officers, to the War Minister, who took a great interest in hearing about his vegetable diet, and way of living.

RESULT OF MATCH.

1st	Vegetarian	14¼ hours.	In splendid condition.	
2nd	,,	14½ ,,	,,	,,
3rd	,,	15½ ,,	,,	,,
4th	,,	16 ,,	,,	,,
5th	,,	16½ ,,	,,	,,
6th	,,	17½ ,,	,,	,,
7th	Meat-eater	18½ ,,	Exhausted.	

The remaining thirteen meat-eaters all fell out after thirty-five miles.

I am favoured by Mr. A. H. Paul with a list of the best performances of the Vegetarian Cycling and Athletic Club in the year 1910-11.

In one of the two most popular invitation events of the year 1910, the crowning achievement and the sensation of the year in the cycling world was furnished by F. H. Grubb and C. F. Davey in the Bath Road 100 Miles Unpaced Race, out and home, in which no less than 78 picked champions of the leading road clubs took part. Grubb not only accomplished the fastest time, finishing 17 min. in front of the best non-Vegetarian,

but also set up a world record, his astonishing time being 4 hrs. 50 min. 49 sec.

Davey's time was 5 hrs. 6 min. 22 sec., two minutes better than the best non-Vegetarian.

A letter addressed to Mr. Paul at the headquarters, 2 and 3, Furnival Street, E.C., will enable him to supply any reader with records of the 16 most important cycling victories of 1910.

Running.—E. R. Voigt (the 1908 Olympic five miles champion, carried off the blue riband of running—the A.A.A. One Mile Championship—at the Manchester Police Sports ran a mile in 4 min. 19⅕ sec., the fastest time ever done in the North of England.

Walking.—G. R. J. Withers has secured 7 first in events from 1 to 10 miles. T. P. Fox secured third position in the Middlesex Walking Club by walking 70¾ miles in 12 hours, and did the 52 miles walk to Brighton in 9 hrs. 27 sec., and Swabey the same in 9 hrs. 11 min. 40 sec.

Swimming.—Miss Florence Trusler, only 18 years of age, was the second fastest lady in the 15 mile swim through London, in 4 hrs. 1 min. 58 sec., and C. Schriefer did 12 miles in 11 min. 25 sec.

Tennis.—Mr. Eustace Miles for the 13th time secured the Amateur Tennis Championship of England on July 1st, 1911.

Weight-lifting.—Mr. W. Harwood gained third place in the championship of the United Kingdom, losing the second place by 20 ozs.

The Secretary writes : " We are succeeding at an astonishing rate."

The following statement brings this powerfully convincing record of Vegetarian triumphs up to date :

Cycling.—Hull to York and back, 3 hours 42 minutes, record beaten by 7 minutes, and 100 miles Yorkshire record 5 hours 16 minutes 50 seconds ; and 100 miles Championship of the Yorkshire Road Club, 5 hours 33 minutes 11 seconds ; 50 miles Championship Hull Club, 2 hours 33 minutes 30 seconds ; the fastest ever ridden in Yorkshire.

The above all gained by J. W. Kirk.

The Irish Road Club's 24 hours ride : R. J. Mecredy, 302 miles ; J. A. Palmer, 300 miles ; W. C. Wilkins, 262 miles.

Glasgow to Dumfries Record, 9 hours 41 minutes, A. J. Griffiths ; Scottish 12 hours record, 181½ miles, A. J. Griffiths ; 100 mile Open events for Syd Gray Shield, 5 hours 4 minutes 28 seconds.

C. F. Davey, fastest time and 2nd in handicap, and 5 hours 21 minutes 39 seconds; A. W. Gibbon 4th fastest. The V.C.C. won the Shield with their team and 4th in handicap; 5 hours 13 minutes 50 seconds, F. H. Grubb, 3rd fastest time (puncture.)

12 Hours Irish Road Club: 173 miles, R. J. Mecredy. Catford Open 50 Miles, F. H. Grubb, fastest time, 2 hours 24 minutes, and C. F. Davey 3rd fastest. 124 entries, *elite* of road racing.

Southern Counties Open 50 Miles Road Race, F. H. Grubb, fastest time, 2 hours 19 minutes 26 seconds; C. F. Davey, 2nd, 2 hours 25 minutes 13 seconds.

RUNNING.—Junior Cross Country Championship of Ireland, F. Gutherie, 1st.

Southern Branch Cross Country Running Championship.—of Ireland.—F. Guthrie.

Irish 50 Miles Championship.—F. H. Grubb, 2 hours 27 minutes 51 seconds. Beats Irish record by 8 minutes.

Anerley 12 Hours Open Road Race.—F. H. Grubb, 1st, 220½ miles; C. F. Davey, 2nd, 215½ miles; (beat 12 hours S.R.R.A. record by 7 miles and 2 miles respectively); A. W. Gibbon, 3rd, 204½ miles.

Grubb's performance constitutes the world's amateur record, 21 starters, all selected men representing the premier road-racing clubs of England.

The following is from *Cycling*:—

A VEGETARIAN TRIUMPH.

GRUBB AND DAVEY EXCEED THE SOUTHERN RECORD.

"Seldom, if ever, has one Club triumphed so completely in an open event as did the Vegetarian C.C. in the Anerley '12' on Saturday last, 26th August. Their three representatives finished first, second and third respectively: two of them exceeded the current record figures for southern roads, and the third was the only other competitor to pass the double century. Thus, the dietetic enthusiasts who look to athletic achievements to advance their propaganda had the boldest advertisement they could desire. The meat-eaters were smitten hip and thigh, and great joy reigned in the Vegetarian camp. F. H. Grubb was the star performer of the day, and his winning distance of 220½ miles reveals him once more in his topmost form, which he had scarcely touched since the

Bath Road '100' of last year. It is a magnificent total, eclipsing anything ever before done on an out-and-home course, and only six miles below Green's straightaway record. With 215½ miles to his credit, C. F. Davey was almost equally brilliant, while A. W. Gibbon, in spite of shedding his chain and being delayed at every level crossing on the course, pluckily persevered into third place, with the creditable total of 204½ miles."

Athletes are learning by such experience that the dietary for training that has their confidence for so many years is delusive. The Vegetarian Champions beat the best of their opponents. The scorn and insults of people who will not learn and profit by such results come back upon themselves. What is true for the athlete is true for all. The intelligent and practised Vegetarian will furnish the best advice about, " How to begin and what to avoid."

X.—The Home Life of the Vegetarian.

The change resulting from the disuse of flesh food is undoubtedly a revolution. A visit to a well regulated Vegetarian home is an experience not soon to be forgotten, and is not limited to the dinner table. There the total absence of the flesh of any animal must seem strange. No bones, fat, or unpleasant suggestion of the creatures that you have known, patted, and admired. No unpleasant words reminding you of the joints, ribs, legs, and feet, liver, or brains of the deceased animal, no word of cuts, slices, or chops. Everything suggests the pleasant garden, the corn field, or orchard. To your surprise, you find the soups are rich and varied, and unsurpassed by anything you have before tasted. The vegetables are cooked with such skill that you begin to be rather glad to eat them alone. There is a variety of products new to you, made up from the nuts, which should form an important article of food. These are in appearance similar to that to which you have been accustomed, and differ from our own diet only in their absolute purity and innocence.

The farinaceous foods are an *embarras de richesse.* The pastry has not in it the offensive lard or suet, but the products of the nut, under the names of nucoline, nutter, or albene. They combine with the fruits, and are good friends. Be on your guard, for you cannot abstain from those luxurious grapes, those oranges, those preserved fruits; you can have jellies; innocent of calves' feet, custards of many colours and flavours,

pleasant drinks which do not affect the brain or disturb the stomach ; and if you have learned the lesson of true temperance, you will rise from such a feast without sense of shame. You will notice also that the ladies wear neither furs nor feathers, nor do they wear the kid gloves which are obtained by the cruel methods we have described.

The conversation is not about bodily ailments, doctors, or medicines, but of whatever is joyous, pleasant, and kind. You will not be asked about your opinions on diet, but your friends will introduce those subjects in which you are known to be versed—your favourite animals, your garden, the sights and attractions of your country home, or the foreign lands you have seen.

The literature you find on the tables has one distinct tone and purpose, viz., kindness, humanity, and opposition to cruelty to the weak and helpless. Would not England be the better if such homes were multiplied ? The standard of comfort would be raised, the misery of the poor greatly abated, the enjoyments of the people would tend to their highest physical development, and be in accord with morality and religion. The foul diseases, that are so prevalent, are unnecessary, and we call upon medical men to study the matter more closely, and to tell the people that the flesh of animals, as food, is dangerous and costly, and that fruits and farinacea will produce the highest condition of health and physical vigour.

XI.—Vegetarianism is eminently Religious.

The prophet Mahomet forbade his followers to take any intoxicating drinks ; the sacred books of India forbid the killing of animals for food or sacrifice. But when we turn to the followers of Christ, it is plain that in this respect, they have ill understood His life and teaching. They ply us with texts which do not touch our case, for nowhere is abstinence from flesh discountenanced or forbidden. We would ask them to go again to their New Testament, and learn that the virtues of kindness, gentleness, and mercy must be exercised to all who dwell on the earth, not excepting the weakest of God's creatures. They will then see how completely in accord with Christ's example and precept are the doctrines for which we plead. Vegetarianism delivers us from cruel and degrading customs ; it puts aside the fear of many diseases ; it teaches kindness to all, and so modifies the character,

that contending passions are allayed, and peace and goodwill are promoted. It is pre-eminently the friend of the poor, whom it seeks to restore to the fields and gardens from which they have been driven. It holds out the hand of entreaty for the aid of all who are unselfish, and especially to those young people who are seeking a course which will bring fame and honour to their career.

On Vegetarian Activities.

As this booklet will in many cases come into the hands of persons not familiar with the many forms of useful work now being carried on, I shall occupy the space that remains to me by detailing and describing the many forms of work being carried on in different parts of England and the Colonies. Our cause is being led by a monthly succession of ably conducted magazines, known as *The Vegetarian*, the *Vegetarian Messenger*, the *Herald of Health*, by Mrs. Wallace; the *Order of the Golden Age*, by Mr. Sidney Beard; *Healthward Ho*, by Mr. Eustace Miles; *Good Health*, by Dr. Olsen; and the sprightly new candidate for favour, *The Healthy Life*. The editors of these papers are actively sustained by writers of great ability—and the whole question in its varied and interesting aspect is read and discussed and made plain.

A few societies in our large cities occupy prominent positions, and to a large extent guide our movement. We have at our command books which are of service by their clear statement of our arguments, with interesting records of the lives and deeds of the noble bands of distinguished champions whose writings remain to us, including some of the finest spirits that the intellect of the world has produced. I have dedicated my booklet to the memory of three of these noble workers, who have quite recently passed from our midst, of whom any movement may have been proud.

I cannot stay to record the story of their bravery, but those who have been privileged to know the Rev. Professor Mayor, of Cambridge University; Mr. Wallace, the author of the system of medical treatment, which has made his name honoured amongst English-speaking people everywhere; and Mr. Albert Broadbent, whose marvellous and restless fever of work only too soon brought to a close a noble life, which will be remembered for many years to come. Their places are being held by others, whose records assure us that they will carry on our noble enterprise at its full rate with wisdom and success.

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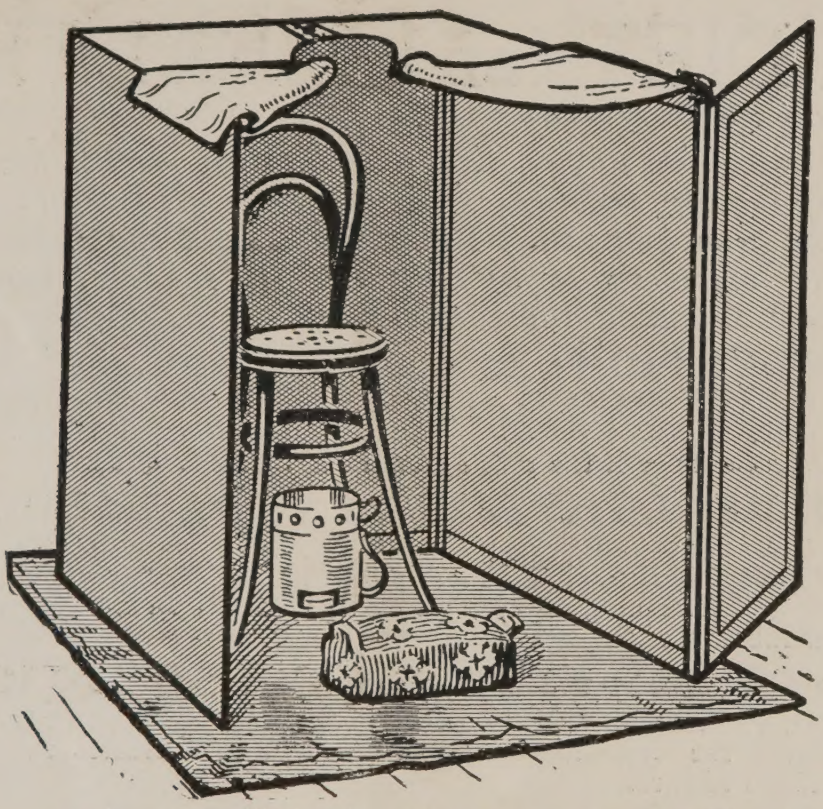

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